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## Effectiveness of Yoga Sana practice on balance and overall playing ability among junior male cricket players

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### Abstract

The main purpose of the present investigation was to find out the effectiveness of Yoga Sana practice on balance and overall playing ability among junior Male cricket players only. In the present study selection of variables, collection of data and design of the study have been presented. For the purpose of the present study was delimited to Mysore City junior Male cricket players only. The sample size for the study was sixty (60) junior male cricket players from Mysore were selected at random as subjects. The selected subjects' age ranged between 16 to 19 years. The study is formulated as pre-test and post-test random group design, in which sixty (60) cricket players will be divided in to two equal groups. The experimental group I is allocated for Selected Yoga Sana Practice (N=30, SYP), (EXP.I) for twelve weeks and group-II served up as control group (N=30, CG) did not undergo any programmes. The dependent, 't' ratio is used to find out the significant impact on balance criterion variable and also analysis of covariance (ANCOVA) is used to find out the significant differences, if any among adjusted post-test means of experimental group on variable. In all the cases 0.05 level of confidence is fixed as a level of confidence to test the hypotheses.

**Keywords:** Yoga Sana, balance, cricket, cricket players, effectiveness, junior male

### Introduction

Today is the modern competitive cricket era. Every cricketer is in race to excel others, and cricket competitions have become fundamental mode of human expressions as they are one of the very important functions by which national and international recognition and prestige is gained.

Cricket is basically a bat and ball game played between two teams of eleven players. It is one of the oldest sports in the world which originated in England during the 16<sup>th</sup> century. The expansion of the British Empire spread this; Colonial recreational sport turned into a spirited game to the all corners. Today Cricket seems to be a virtual lifeline of many Commonwealth nations. Cricket is a game in which each team has to bowl and bat according to certain rules and regulations. A team which scores greater number of runs will be the winner.

In olden days, this game was played in different names in different countries. The game of Cricket was developed from a simple game of hitting an object with a piece of wood. Basically it is the battle between a bat and the ball, but the approach has changed from time to time. Cricket is played in many forms such as Test, One Day International, First class, T20, Super Six, Eight-a-side, Indoor Cricket, Max Cricket, Double wicket and Single wicket. Cricket is played in more than 105 countries around the globe.

### Yoga

Yoga is a term that has its root Yuj in Sanskrit which means to join.  
Controlling the whirlpool of Mind stuff is called Yoga. – *MaharshiPathanjali*.  
Mastery over the Mind is called Yoga. – *Swami Vivekananda*.  
Methodical trick to calm down the Mind is called Yoga – *Yoga*

### Asana

The practice of moving the body into postures has widespread benefits; of these the most underlying are improved health, strength, balance and flexibility.

On a deeper level the practice of asana, which means "Staying" or "Abiding" in Sanskrit, is used as a tool to calm the mind and move into the inner essence of being.

### Methodology

The main purpose of the present investigation was to find out the Effectiveness of yoga Sana practice on balance among junior Male cricket players only. In the present chapter, selection of variable, collection of data and design of the study have been presented for the purpose of the present study was delimited to Mysore City junior Male cricket players only. The sample size for the study was sixty (60) junior male cricket players from Mysore who were selected at random as subjects. The selected subjects' age ranged between 16 to 19 years. The study is formulated as pre-test and post-test random group design, in which sixty (60) cricket players were divided in to two equal groups. The experimental group I is allocated for Selected Yoga Sana Practice (N=30, SYP), (EXP.I) for 12 weeks and group-II served up as control group (N=30, CG) which did not undergo any programmes.

### Analysis of data and result of the study

To facilitate the effectiveness of Yoga Sana practice on balance among junior male cricket players, sixty (60) junior male cricket players from Mysore were selected at random as subjects. The selected subjects were investigated and the data were collected as explained in the chapter Methodology. The collected data were tabulated accordingly and the data were analyzed. To compare the effectiveness of Yoga Sana practice on balance among junior male cricket players, Pearson's Correlation has been used by using the SPSS Application.

### Discussion on findings

From the analysis of this study, the effects of twelve weeks Yoga Sana Practice alone have produced significant improvement on balance and overall playing ability among junior male cricket players. In between the experiment and control groups the nature of the balance and overall playing ability were significantly improved with selected Yoga Sana practice in experimental group rather than the control group.

### Discussion on hypotheses

The hypothesis stated that Selected Yoga Sana Practice would produce significant improvement on balance and overall playing ability of junior male cricket players.

### Conclusions

After the analyzing the results of the present study the nature of the balance was greatly influenced on the experimental group than the control group.

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